



# FREDERICK

PARKS & RECREATION



# WINTER 22/23 PROGRAM BROCHURE



301.600.1492  
CITYOFFREDERICKMD.GOV/WEBTRAC

 @cityfredparksrec  /cityfredparksrec





# Fall 22 Program Brochure **CONTENTS**

Calendar of Events	5
Rental Information	6
William R Talley Fitness Center	7-9
Youth Sports	10-12
Youth Programs	13
Outdoor Rec/Education	14
Tennis	15
Fencing	16-17
Adult Sports	18-19
Pickleball	20-21
Specialty Fitness	22
Martial Arts	23
Tai Chi	24
Music	25
Art/Dance	26
Blues/Swing/Line Dancing	27
Youth Dance	28-29
Teen Dance/Theater	30
Reduced Registration Program	31
Programa de descuento para registrarse	31
Staff Directory	32



celebrate  
FREDERICK  
PRESENTS



"Comfort and Joy" by Seth Holmes

Special Thanks To



**Wawa**



@celebratefrederick



Celebrate Frederick

Visit [CelebrateFrederick.com](http://CelebrateFrederick.com)  
for more details.

## Holiday Art Competition

Delaplaine Arts Center | 40 S. Carroll St.

Reception | November 30, 5:30 PM

Exhibit | December 1 - 31

## Scents & Sweets

## Competition & Auction

Delaplaine Arts Center | 40 S. Carroll St.

December 1, 5:30 PM

## Kris Kringle Procession

sponsored by Wawa

Downtown Frederick &

Baker Park Band Shell

December 9, 6:30 PM

## Festival of Lights

Frederick City Hall | 101 N. Court St.

December 16, 7 PM

## HOLIDAY MERCHANDISE ON SALE!

Brass Ornaments | \$18

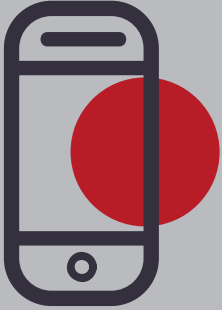
Holiday Print | \$20

Frederick Visitor Center | 151 East Street



DON'T FORGET TO SIGN-UP FOR WEB TRAC

[Parks and Rec's New Registration Software]



**EASIER.  
QUICKER.  
SIMPLER.**

VISIT [CITYOFFREDERICKMD.GOV/WEBTRAC](http://CITYOFFREDERICKMD.GOV/WEBTRAC)

CREATE AN ACCOUNT TO REGISTER FOR CLASSES & PROGRAMS!



CITY OF FREDERICK  
PARKS AND RECREATION DEPARTMENT

# CALENDAR OF EVENTS

NEW

HOLIDAY ORNAMENT  
SCAVENGER HUNT!

Details to be announced!  
follow us on:



@fredcityparksrec

SATURDAY  
DECEMBER 10, 2022  
1-4PM

**COOKIES WITH  
SANTA**

Pre-registration  
Required\*\*

**FISHING  
RODEO**

SATURDAY  
APRIL 8, 2023  
10AM-12PM

SATURDAY  
APRIL 22, 2023  
10AM-2PM

**EARTH DAY  
CELEBRATION**

**BAKER PARK  
EGG HUNT**

SATURDAY  
APRIL 8, 2023  
ADDITIONAL DETAILS  
COMING SOON!

DETAILS  
COMING  
SOON!

**21+ CORN HOLE  
TOURNAMENT**

301.600.1450

WILLIAM TALLEY RECREATION CENTER

WWW.CITYOFFREDERICKMD.GOV/255/PARKS-RECREATION

# Rental Information

## William Talley Recreation Center



To make a reservation visit:  
[www/cityoffrederickmd.gov/webtrac](http://www.cityoffrederickmd.gov/webtrac)  
& click on the rentals tab

### Rental Rates:

Gym	City	Non-City
Daily-Sporting Event	\$250	\$500
Daily-Non-Sporting Event	\$300	\$600
Hourly	\$20	\$40
Kitchen (Daily)	City \$100	Non-City \$200
Meeting Rooms (Daily)	City \$20	Non-City \$40
Multi-Purpose Rooms (Daily)	City \$50	Non-City \$100

### Recreation Centers:

- Butterfly Ridge Elementary
- Lincoln Elementary
- Governor Thomas Johnson Middle
- Whittier Elementary

### Rental Rates-Hourly:

#### Full Gymnasium

Standard Rate: \$40

Reduced Rate (Non-Profit): \$27

Commercial Rate: \$72

#### Recreation Room

Standard Rate: \$20

Reduced Rate (Non-Profit): \$15

Commercial Rate: \$35

For more information visit:

<https://cityoffrederickmd.gov/262/Recreation-Centers>

- All facilities must be reserved 2 weeks in advanced
- Rentals for Winter Season (dates between 12/1 & 3/31)

Opens online November 1st



Photo of Thomas Johnson Middle Gymnasium



Photo of Butterfly Ridge Elementary Recreation Room





# William R. Talley Fitness Center

## Hours of Operation

Monday-Friday 5:30 am-8:00 pm

Saturday 8:00 am-8:00 pm

Sunday 12:00-5:00 pm



Apply for a membership at  
[cityoffrederickmd.gov/webtrac](http://cityoffrederickmd.gov/webtrac)

## Features:

- BATCA Free Weights
- BATCA Weight Machines
- Cardio Vision
- Concept II Rowing Machines
- Ellipticals
- Jacobs Ladder
- Stair Climbers
- Recumbent Bikes
- Treadmills
- TRX
- Upright Bikes

## Membership Options

### Monthly Membership Rates

City	Non-City
• Adult: \$21	• Adult: \$42
• Family: \$35	• Family: \$70
• Senior: \$16	• Senior: \$32
• Youth: \$15	• Youth: \$30

Annual Memberships and  
Punch Cards are available



## Open Gym Schedule:

### Volleyball

Monday 5-8 PM

### Basketball

New Open Gym Schedule  
to be announced 11/15  
Wednesday Talley 2-8 PM  
Friday Talley 3-8 PM

# Fitness Class Schedule

Schedule is subject to change for updates please visit [cityoffrederickmd.gov/webtrac](http://cityoffrederickmd.gov/webtrac)

## Monday

### *City Cycle*

6-7 am  
Hall of Fame  
Evie Burge

### *Cardio Sculpt*

9-10am  
(Virtual & In person)  
Darlene Posey

### *Beginner Yoga*

10:15-11:15am  
MPRL3  
Stacy Brown

### *Cardio Sculpt*

4-5pm  
(Virtual & In person)  
Darlene Posey

### *DJ Exercise*

5:30-6:30pm  
MPRL3  
Marcia  
Fortunado

### *Flow Yoga*

6:00-7:00pm  
MPRB  
Stacey Brown

## Tuesday

### *Powersculpt*

6:00-7:00am  
MPRL3  
Lora Scott

### *Senior Exercise*

9-10am  
Gym  
Theresa Thomas

### *Body Blast*

5:00-6:00pm  
MPRL3  
Theresa  
Thomas

## Wednesday

### *Cardio Sculpt*

9-10am  
(Virtual & In person)  
Darlene Posey

### *Beginner Yoga*

10:15-11:15am  
MPRL3  
Stacy Brown

### *Gentle Yoga*

11:30-12:30pm  
MPRL3  
Stacy Brown

### *City Cycle*

5:00-6:00pm  
Hall of Fame  
Evie Burge

### *DJ Exercise*

5:30-6:30pm  
MPRL3  
Marcia  
Fortunado

### *Flow Yoga*

6:00-7:00pm  
MPRB  
Stacey Brown

## Thursday

### *Powersculpt*

6:00-7:00am  
MPRL3  
Lora Scott

### *Senior Exercise*

10-11am  
Gym  
Stephen Ames

### *Cardio Sculpt*

4-5pm  
(Virtual & In person)  
Darlene Posey

### *Body Blast*

5:00-6:00pm  
MPRL3  
Theresa  
Thomas

## Friday

### *City Cycle*

5:45-6:45am  
Hall of Fame  
Evie Burge

### *Cardio Sculpt*

9-10am  
MPRL3  
Darlene Posey

## Saturday

### *Powersculpt*

8:30-9:30am  
MPRL3  
Lora Scott

### *City Cycle*

8:30-9:30am  
Hall of Fame  
Sandra  
Troutman





# Fitness Class Descriptions

## Cardio Sculpt & Body Blast

Combines traditional step aerobics with an additional cardio component, sculpting, and abs. This is a great workout with diverse music, fun & friends.

## City Cycle

Bring your outdoor ride indoors! You'll enjoy pumping music, a safe, high intensity cardiovascular workout all on an indoor bike. We use brand new Matrix bikes and you're guaranteed to work up a sweat and have fun doing it!

## Gentle Yoga/Gentle Flow

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Focus is on basic poses, breath and alignment. Standing balance poses will be practiced minimally and modifications will be provided. A great next step if you have been practicing beginner yoga.

## Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

## Powersculpt

A total body workout that incorporates the use of light, medium and heavy weights for a combination strength and cardio workout.

## DJ-ercise

An energetic workout that combines high/low aerobic dance steps to great music. So get ready to walk, march, skip and dance to the best tunes from past hits and today's top favorites. This cardio workout will help you lose weight, tone muscles and improve the quality of life while burning calories in a fun way.



Clustered Spires Golf Course

8415 Gas House Pike

Frederick, MD

301-600-1295

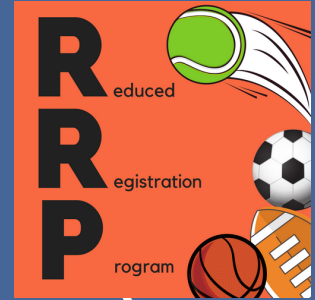
[www.clusteredspiresgolf.com](http://www.clusteredspiresgolf.com)

Clustered Spires Golf Club was established in 1991, as the first public golf course in Frederick County. The 185 acres on which Clustered Spires is located on what was formally a working dairy farm, set along the side of the Monocacy River. The Monocacy River surrounds the golf course on 3 sides, creating a beautiful setting while providing a natural barrier from outside distractions.

# Announcement!

The City of Frederick Parks and Recreation Department is pleased to announce the Reduced Registration Program now enables eligible youth under the age of 18 to receive 50% off ALL YOUTH PROGRAMS!

(See pages 31 for details)



### 201190402-Youth Sports Development Program

Ages: 3-5

Location: Butterfly Ridge Elementary Recreation Center

Fees: \$60

Dates: Tuesdays 3/28 - 5/9

Time: 6:00-7:00 PM

The Youth Sports Development program is an introduction to the basics of how sports are played. Children in this program will learn fundamentals and gain sports experience before even playing in a league! In six classes, the fundamentals of running track, basketball, and tee ball (baseball) will be taught. Participating in sports creates great memories and life skills, it's never too early to start!

### 501150705-Roller Derby-L3 Juniors Membership

Age: 18 & under

Dates/Times:

Monday, 8:00-10:00 pm

Friday, 8:30-10:30

Some Saturdays, 2:00-4:00 pm

Location: Trinity Rec Center

Fees: Yearly Membership-City \$50/ \$60 Non-city

An L3 Junior Membership is for skaters under the age of 18 who belong to an existing Junior Roller Derby League and have been assessed at and are playing at the L3 level. This membership allows for L3 Juniors to practice with Frederick Roller Derby for extra training and experience. This is not a junior roller derby league and this membership does not include playing in Frederick Roller Derby games.



# Youth Sports

## SPRING Youth Soccer Program

Please note the new age classifications in accordance with US Soccer.

Age Groups:

Under 6 - born in 2017 or 2018

Under 8 - born in 2015 or 2016

Under 10 - born in 2013 and 2014

Under 12 - born in 2011 to 2012

Fee: \$45 city / \$80 non-city

Location: Fleming Ave. in Baker Park, Parkway Elem., and Kidwiler Park

Individual registration only. Youth will be placed on teams by Rec. Dept. staff. Coach will contact players early April. Practices begin week of April 15th. Games are held Saturday mornings. Each team will practice 1 night per week. Fee includes t-shirt and medal.

## Soccer Shots - Soccer Program for Pre-Schoolers

Age: 2, 3 and 4-year-olds

Mini- for 2-year-olds

Classic- for 3 and 4-year-olds

Location: Baker Park

Registration online at: <http://frederick.ssreg.org>

Soccer Shots is a program offered to children 2-4 that meets once a week at to introduce your child to soccer! Our Soccer Shots instructors are energetic and enthusiastic, are great teachers, and love working with children. We not only teach soccer skills, but also work on improving balance, coordination, and agility with the kids. Soccer Shots also uses the sessions to teach children important concepts such as teamwork, sharing, and respect. Come join the fastest growing youth soccer program today! You will be contacted upon registration with additional details.

Contact: [frederick@soccershots.org](mailto:frederick@soccershots.org)

## 201070202-Spring Instructional Lacrosse

Age: 7-12

Dates: Saturday mornings, starting April 15th

Fee: \$45 city/ \$80 non-city

A commitment of one day a week is needed for this instructional league. The first four weeks will be instruction and learning fundamentals while the last 2 weeks will include games play! Fee includes jerseys. For more information and/or if you are interested in coaching, please contact Tina at [clehman@cityoffrederickmd.gov](mailto:clehman@cityoffrederickmd.gov)

***VOLUNTEERS NEEDED!!*** 

Volunteer coaches and helpers are needed if interested please contact Tina Lehman  
[clehman@cityoffrederickmd.gov](mailto:clehman@cityoffrederickmd.gov)



# Youth Sports

## 101040206-Little Hoops Basketball League – Junior Varsity

Ages: 5-7

Date/Times: Wednesday evening practice / Saturday morning games, beginning 1/11/23

Location: Butterfly Ridge Recreation Center

Fee: \$80

Individual registration only. Youth will be placed on teams by Rec. Dept. staff prior to the first night.

Coaches will contact players in early January. The season runs from Jan. to March. Fee includes jersey and medal.

## 101040206-Little Hoops Basketball League – Varsity

Ages: 8 - 10

Date/Times: Thursday evening practice/Saturday morning games, beginning 1/12/23

Location: Butterfly Ridge Recreation Center

Fee: \$80

Individual registration only. Youth will be placed on teams by Rec. Dept. staff prior to the first night. Coaches will contact players in early January. The season runs from Jan. to March. Fee includes jersey and medal.



## 404070537-Frederick Steppers-On the Move

Minis

Ages: 6-7

Location: Butterfly Ridge beginning in February

Dates: Mondays, 2/26-4/10

Time: 5:00-6:00 PM (Minis)

Fees: \$180

Level 1

Ages: 8-12

Location: Butterfly Ridge beginning in February

Dates: Wednesdays, 2/8-4/12

Time: 5:00-6:15 PM

Fees: \$180



Frederick Steppers on the move program will offer a mixture of Hip Hop, Majorette, and Step style dancing. Through a series of stepping and movement of the body in a rhythmic way the students will not only build confidence in themselves however; also develop skills in expressing ideas, emotions with releasing energy, and taking delight in movement itself. Classes are 9 weeks long and are open to all skills levels.





## Youth Programs

NEW

### 213080215-Chess Wizards

Age: 6-12

Dates: Saturdays, 04/08, 04/15, 04/22, 04/29,  
05/06, 05/13, 05/20, 05/27 (8 Classes)

Time: 10:30-11:30 pm

Location: William Talley Recreation Center

Fee: \$180 (8 classes)



Want to learn chess in a fun, engaging and interactive way? Curriculum is designed by teachers and comedians to impart many benefits - critical thinking, sportsmanship and learning from our mistakes in a challenging and exciting way. In addition to lessons and traditional gameplay, variations of chess games are incorporated to build teamwork and improve logic, planning, discipline, judgment and self-control. All skill levels welcome and are grouped accordingly for lessons and game-play.

# SCHOOL'S OUT!



*and the fun is in!*

Date: January 11th

Time: 8:00am-12:00pm or  
8:00am-4:00pm

Location: Butterfly Ridge Rec Center  
Fees: \$14.50 half day, \$29 full day

**CRAFTS!**

**DODGEBALL!**

**TAG GAMES!**

**MORE!**

Registration: [www.cityoffrederickmd.gov/webtrac](http://www.cityoffrederickmd.gov/webtrac)

More information: 301-600-6238 or [clehman@cityoffrederickmd.gov](mailto:clehman@cityoffrederickmd.gov)



# Outdoor Rec and Education

NEW

## 207040415-Baker Park Nature Explorers

Ages: 3-5

Dates/Times: Fridays, 5/5-9/1

Times: 10:00-11:30am

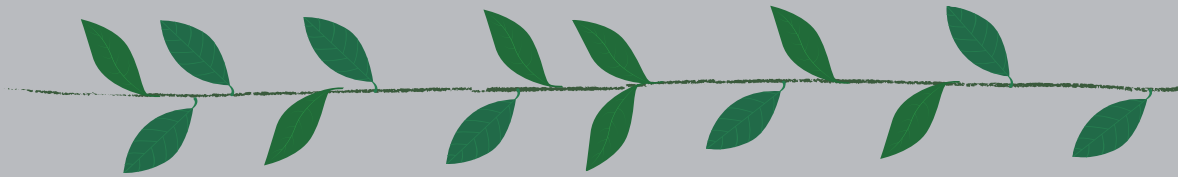
Location: Baker Park Gazebo

Session fees: \$54 City/\$108 Non City

Walk in fee available per class: \$3 City/\$6 Non City



Join us at the Baker Park Gazebo for an interactive nature class for kids! Every Friday in May-September, children are invited to become an explorer through active play and discovery time. Led by Fox Haven Farm & Learning Center, children will be encouraged to be curious and find inspiration amid the ecosystems around us.



## Little Acorns Nature Class

Ages: 3-5

Dates/Times: Session 1: Tuesdays, 3/21 to 4/25

Session 2: Tuesdays, 5/2 to 6/6

Times: 9:30-11:30am

Location: Wm. Talley Recreation Center

Fee: \$65 City/\$75 Non City



A nature class with activities including movement, games, observation using all of the senses, singing, and exploring. **Lessons will be STEM based and nature focused.** We will be outside as much as possible, so please dress accordingly! Please drop off child 5-10 prior to the start of class.

## Wild Oaks Nature Class

Ages: 3-5

Dates/Times: Session 1: Thursdays, 3/23 to 4/27

Session 2: Thursdays, 5/4 to 6/8

Times: 9:30-11:30am

Location: Wm. Talley Recreation Center

Fees: \$65 City/\$75 Non City



A nature class with activities including movement, games, observation using all of the senses, singing, and exploring. **Lessons will be literacy based and nature focused.** We will be outside as much as possible, so please dress accordingly. Please drop off child 5-10 minutes prior to the start of class.





# Tennis

## Cabin Fever Tennis

Instructor: Coach Dolly Stewart

Contact: Coach Dolly, [dollysworldoftennis@gmail.com](mailto:dollysworldoftennis@gmail.com);

Recreation Supervisor Tina Lehman, [clehman@cityoffrederickmd.gov](mailto:clehman@cityoffrederickmd.gov)

Fees: \$65 city / \$75 non-city

Location: Lincoln Rec Center

Dates: Fridays from Feb. 3rd - Mar. 10th (6 weeks)

Class size is limited to 12 participants in each class!

### Shot of the Day - Frosty Forehands

Age: 8 to 10

Time: 5:15 - 6:15 pm

### Shot of the Day - Blizzard Backhands

Age: 10 to 12

Time: 6:30 - 7:30 pm

### Shot of the Day - Shivering Slices

Age: 13 through Adult

Time: 7:45 - 8:45 pm

Close out your week with indoor tennis enjoying drills, games and doubles match play. Also learn on-court tennis strategy and coaching from Coach Dolly and team.

Kids will enjoy indoor group lessons and popular tennis games like Battleship, Caterpillar, Dungeons and Dragons, Rapid Fire and more!

Teens and adults will compete in serve/slice/volley (SSV) drills, ground stroke returns and popular tennis games like King of the court, Rush and Crush, Sharks and more!



## Private Tennis Instruction

Will resume in the spring.

Age: 6 & up

Fee: Individual \$55/hr city / \$65/hr non city

2 people - \$70/hr city / \$80/hr non city

Group - \$80/hr city / \$90/hr non city

(cost is total group)



# Fencing

## 101100116-Fencing Basics 101

Ages: 9+

Dates: 12 classes, Thursday 11/17-2/16 (no class 11/24, 12/29)

Thursday 3/2-5/18

Time: 6:30-7:45 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$230 city/ \$240 non-city

\*\$35 glove purchase/RTF membership fee paid directly to instructor at the beginning of first class.

This class will cover the history of the sword, as it relates to fencing, dueling and the beginnings of the sport. Students will also get a basic understanding of foil, and a basic understanding of the rules. From the first lesson and onward through the class, beginners will also acquire a basic understanding of proper footwork, blade work, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic games. Fencing gear is provided for this class.

## 101100217-Youth Foil 102

Ages: 9-12

Dates: 12 classes, Wednesday 11/16-2/15 (no class 11/23, 12/28)

Wednesday, 3/1-5/17

Time: 5:45-7:15 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$190 city/ \$200 non-city

\*Partial equipment purchase required and a \$35 RTF paid directly to instructor at the beginning of first class.

Once beginner course is completed, all students learning foil will proceed to this class that focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand refereeing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

## 101100218-Youth Foil 202

Ages: 9-12

Dates: 12 classes, Wednesday 11/16-2/15 (no class 11/23, 12/28)

Wednesday, 3/1-5/17

Time: 5:45-7:45 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$230 city/ \$240 non-city

\*\$35 glove purchase/RTF membership fee paid directly to instructor at the beginning of first class. Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, acquire a good understanding of proper movement, understand refereeing and open bouting on electronic scoring equipment.





# Fencing

## 101101417-Adult Foil 102

Ages: 13+

Dates: 12 classes, Wednesday 11/16-2/15 (no class 11/23, 12/28)  
Wednesday, 3/1-5/17

Time: 7:45-9:15 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$230 city/ \$240 non-city

\*Partial equipment purchase required and a \$35 RTF paid directly to instructor at the beginning of first class.

Once beginner class is complete all students learning foil will proceed to this class that focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

me observing, refereeing, fencing, and in physical training.

## 101101418-Adult Foil 202

Ages: 13+

Dates: 12 classes, Wednesday 11/16-2/15 (no class 11/23, 12/28)  
Wednesday, 3/1-5/17

Time: 7-9 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$190 city/ \$200 non-city

\*\$35 glove purchase/RTF membership fee paid directly to instructor at the beginning of first class.

Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment.



## 101100120-Epee 102

Ages: 9+

Dates: 12 classes, Thursday 11/17-2/16 (no class 11/24, 12/29)  
Thursday 3/2-5/18

Time: 8-9:30 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$190 city/ \$200 non-city

\*Partial equipment purchase required and a \$35 RTF paid directly to instructor at the beginning of first class.

Once the beginner class is complete students learning epee will proceed to this class that focuses on tactical strategies of epee, understanding tempo and timing, and holds the student to a higher physical demand. Students will learn epee blade work, footwork, acquire a good understanding of proper movement, and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

## 101100121-Epee 202

Ages: 9+

Dates: 12 classes, Thursday 11/17-2/16 (no class 11/24, 12/29)  
Thursday 3/2-5/18

Time: 7:30-9:30 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$230 city/ \$240 non-city

\*\$35 glove purchase/RTF membership fee paid directly to instructor at the beginning of first class.

Once a student has completed two Epee 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence with open bouting on electronic scoring equipment, mastering tactical strategies of epee, a greater understanding of tempo and timing, and holds the student to a higher physical demand. Students will learn to epee blade work, continue to master footwork, acquire proper movement, and will spend time observing, refereeing, fencing, and in physical training.

## 101100119-Foil/Epee 303

Ages: 9+

Dates: 12 classes

Wednesday/Thursday 11/16-2/16 (No class 11/23, 11/24, 12/28, 12/29)

Wednesday/Thursday, 3/1-5/18

Time: 7-9 PM

Location: Trinity Recreation Center

Instructor: David Copeland

Fee: \$295 city/ \$305 non-city

\$35 glove purchase/RTF membership fee paid directly to instructor at the beginning of first class. Duel Weapon Class.

This class is for fencers who want to fence both Foil and Epee each week. Prerequisite: Foil 202 or Epee 202 Intermediates.

Requires Coach Copeland's approval for entry.



# Adult Sports

## Running Programs

The Frederick Steeplechasers Running Club offers a variety of group running options for runners of all paces and levels of experience. Whether you are a beginner seeking advice and encouragement, a casual runner seeking camaraderie, or a veteran runner chasing a new PR, we have a place for you.

<https://steeplechasers.org/training-programs/>

## Men's Basketball League

Age: 18 & up

Dates: Tuesdays, league starts 4/4/23

Time: Game times start at 6:00, 7:00, 8:00 pm

Location: Butterfly Ridge Recreation Center

Fee: Per team, city resident \$350 / non-city resident \$400

League consists of 8 weeks of round-robin play followed by single elimination play-offs. Jerseys are not provided.

## Women's Basketball League

Age: 18 & up

Dates: Thursdays, league starts 4/6/23

Time: Game times start at 6:00, 7:00, 8:00 pm

Location: Butterfly Ridge Recreation Center

Fee: Per team, city resident \$350 / non-city resident \$400

League consists of 8 weeks of round-robin play followed by single elimination play-offs. Jerseys are not provided.

## Volleyball-Adult Men's and Women's Sixes

Age: 16 & up

Dates: Sundays, 1/8/23

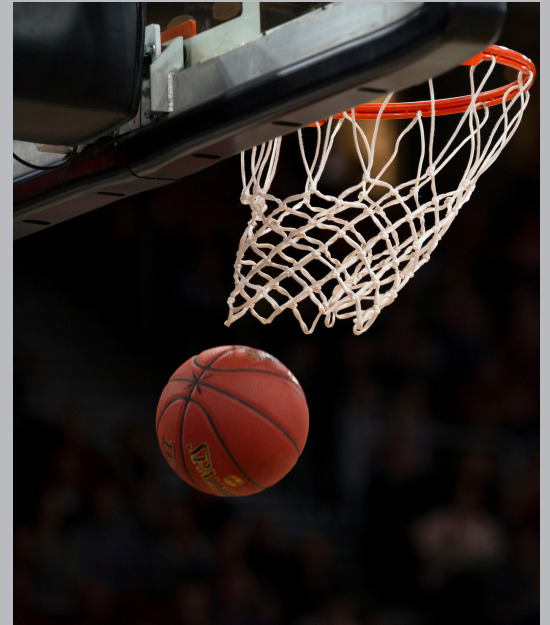
Location: William Talley Recreation Center, Whittier Recreation Center, and TJ Middle Recreation Center

Team Fee: \$190 City / \$220 Non-City

Contact: Stephanie R.

[srichards@cityoffrederickmd.gov](mailto:srichards@cityoffrederickmd.gov)

League consists of 8 weeks of round-robin play followed by divisional play-offs. Skill levels range from highly competitive, skilled play to beginner, recreational skill levels. When registering please register for the appropriate division.



## Volleyball-Co-ed Fours

Age: 16 & up

Dates: Wednesdays, league starts 1/11

Time: 6:30 pm start time based on division

Location: Whittier Recreation Center

Fee: Per team, city resident \$150 / non-city resident \$170

League consists of 8 weeks of round-robin play followed by divisional play-offs.



## Adult Sports



### 50150705-Roller Derby Memberships (Vet Skaters)

Age: 18 & up

Dates/Times:

Monday, 8:00-10:00 pm

Every 1st and 3rd Wednesday, 8:00-10:00 pm (Team workout-Talley Fitness Center)

Friday, 8:30-10:30 pm

Saturday, 2:00-4:00 pm

1st Saturday of each month, Open Scrimmage 4:00-6:00 PM

Saturday Matches as scheduled

Location: Trinity Rec Center

Fees:

6 Month Membership City \$75/ \$85 Non-city

Yearly Membership City \$140/\$150 Non-city



Frederick Roller Derby aims to provide an accessible way to empower skaters (of all skill levels) to learn and play the sport of flat track roller derby in a safe, supportive, diverse, and welcoming environment. An annual membership is for experienced (vet) skaters (not fresh meat) who want to play roller derby

### Badminton

Age: 14 & Older

Dates: Tuesday's ongoing

Sunday's Beginning 11/20

Time: 6:00-9:30 PM

Location: Trinity Recreation Center

Fee: \$3 city / \$6 non city 12 day pass: \$30 city / \$54 non city



Join the fun! Participate in a fun aerobic activity, and it is a great social activity as well! Participants just need to bring a racket.





# Pickleball Classes

## 101030922-Pickleball 101 (Beginner)

Age: 45 & up

Fee: \$25 city/ \$35 non city

Dates: Fridays, 1/6-1/27, 2/17-3/10, 3/31-4/21

Time: 10:30 – 12:00 am

Location: Talley Rec Center

Dates: Mondays, 1/9-1/30, 2/20-3/13, 4/3-4/24

Time: 5:30 – 7:30 pm

Location: Trinity Rec Center

The Pickleball 101 (Beginner) class is for an individual who has never played organized Pickleball. Basic techniques and score keeping will be taught. Class size is limited.



## 101030923-Pickleball Advance Skills Clinics

Age: 45 & up

Fee: \$6 city/ \$8 non city

Dates: Mondays, 1/9, 1/23, 2/6, 2/20, 3/6, 3/20

Time: 1:30 – 3:00 pm

Location: Talley Rec Center

Coordinator: Darlene Posey

**Prerequisite:** Pickleball 101 (Beginner).

The Pickleball 102 (Advanced Beginner) class is for individuals who have completed the Pickleball 101 (Beginner) class, and wants to learn additional game strategy. Class size is limited.

## Pickleball Holiday Tournament

Age: 45 & up

Fee: \$30 city/ \$40 non city

Dates: Saturday, 12/10

Time: 9:00 am – 4:00 pm

Location: Talley Rec Center

Coordinator: Darlene Posey



Men's and Women's grouped by skill level, 2.5 – 4.0. Individual registration. Partners will be randomly assigned day of. Prizes for winners.

**DO YOU  
HAVE A  
SKILL TO  
TEACH?**

City of Frederick  
Parks and Recreation Department  
**IS LOOKING FOR NEW PROGRAM IDEAS!**

Email: [agaripay@cityoffrederickmd.gov](mailto:agaripay@cityoffrederickmd.gov)

Phone: 301.600.3844



301.600.1492

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# Pickleball Drop In (Effective 1/1)

Age 30+ Unless Otherwise Noted

Drop-in Fees:

\$3 City / \$6 Non-City

## Pickleball Levels Defined:

### Novice

Pickleball 101 graduates and new players of less than two years (exceptions may be made by staff)

### Advanced Novice

Individuals who have been playing more than 2 years, prefer a competitive game, but have no interest in tournament play. Should also be able to fulfill criteria for 2.0- some 3.0 rated playing level.

### Intermediate

3 or more years of playing, non-tournament, not officially rated through USAPA and/ or able to fulfill skill criteria of 3.0 rating

### Advanced Intermediate

3 or more years of play experience, tournament player with a 3.5-4.0 USAPA rating and/ or can demonstrate 3.5 and up skill criteria.

\*\*Skill criteria may be obtained via a request to staff.

## Novice/Advanced Novice (2.0 - 3.0)

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 AM-1:30 PM Talley	9:00-11:00 AM Novice Only Trinity  11:00-1:00 PM Ad. Novice Only Trinity  5:00-7:00 PM Novice Talley	10:30 AM-1:30 PM Talley	9:00-11:00 AM Novice Only Trinity  11:00-1:00 PM Ad. Novice Only Trinity	9:00 AM-12:00 PM Trinity  5:00-8:00 PM Trinity

## Intermediate (3.5 and Higher)

Monday	Tuesday	Wednesday	Thursday	Saturday
9:00-12:00 PM Trinity	10:15-1:15 PM Talley  7:00-9:00 PM Talley	9:00-12:00 PM Trinity	11:15-2:15 PM Talley	9:00-12:00 PM Trinity

## Mixers (3.0 and Higher)

Thursday	Friday	Sunday
5:00-9:00 PM Talley 21+	1:00-4:00 PM Talley	1:00-4:00 PM Trinity

## Money-saving Punch Passes

(Punch passes may be purchased at Talley)

8 visit pass: \$20 city/ \$36 non city

12 visit pass: \$30 city/ \$54 non city

24 visit pass: \$48 city / \$96 non city

# Specialty Fitness Classes

## 116020105- Zumba at Wm Talley Rec Center

Ages: 16 & up

Location: Wm Talley Rec Center

Session Fee: \$30 city /\$35 non city (6 Classes)

Drop In Fee\*: \$6 city/ \$7 non-city

Dates: Tuesdays & Thursdays

Time: 6:00 - 7:00 PM

Instructor: Nikki Sussman



## 116020709-Zumba at Lincoln Rec Center

Ages: 16 & up

Location: Lincoln Rec Center

Session Fee: \$30 (6 Classes)

Drop In Fee\*: \$6

Dates: Wednesday's

11/16-12/21

12/28-2/1

Time: 6:30-7:30 PM

Instructor: Chastidy Thomas



NEW!

PERFECT FOR - Everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on.

HOW IT WORKS - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

BENEFITS - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## 116020702-BANG

Ages: 16 & up

Session Fee: \$20 (5 Classes)

Drop In Fee\*: \$5

\*Preregistration for Drop-In still required

Dates: Mondays - Lincoln

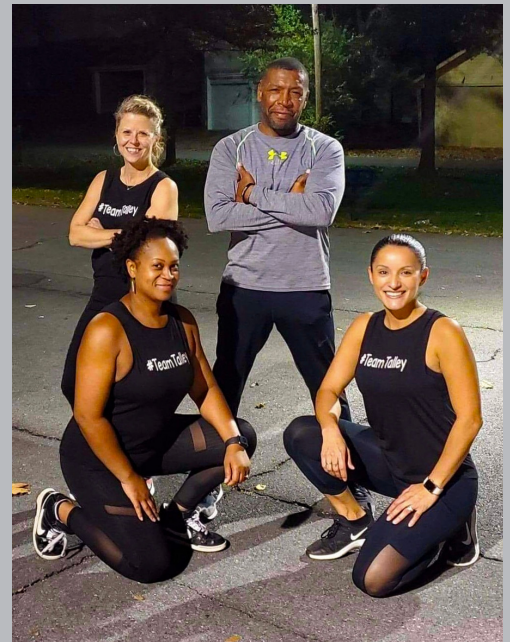
Tuesdays - Wm Talley Rec Center

Time: 7:30 PM - 8:30 PM

Instructors: Team Talley

Brenda, George, Johanna, Tiffany

A pre-choreographed fusion of boxing, HIIT, Hip Hop, world dance, optional weighted gloves and just a touch of attitude. Offering a wide range of intensity options to help you customize your workout.



# Martial Arts/Self Defense

## 109041410-Teen's and Adult's Martial Arts and Self Defense

Ages: 13+

Dates: 6 classes, Mondays

11/14-12/19

1/2-2/6

2/13-3/20

3/27-5/1

Time: 6:30-7:30 PM

Location: Butterfly Ridge Rec Center

Instructor: Master Has

Fee: \$70 city/\$75 non-city

Martial arts provides a solid physical workout and has many mental benefits. Practitioners of Martial Arts often find that they can better cope with stress, sleep better at night and concentrate better during the day. They also have greater peace of mind due to the knowledge and expertise on what to do if faced with a dangerous situation. However, the greatest benefit of Martial arts and self-defense is the increased sense of self-confidence it builds in students. At Frederick City Martial arts and self-defense, we care about our student's endurance and power, we also focus on flexibility and athleticism.

## 10904209-Taekwondo - Children

Ages: 5-12

Dates: 6 classes, Mondays

11/14-12/19

1/2-2/6

2/13-3/20

3/27-5/1

Time: 5:30-6:30 PM

Location: Butterfly Ridge Rec Center

Instructor: Master Has

Fee: \$70 city/\$75 non-city

Confidence. Discipline. Respect. Focus. Fitness. This program is designed to develop self-esteem, leadership, and character at the same time. Learn basic life skills such as listening, focus and discipline with fun martial art activities. Children will improve physical skills such as balance, coordination, flexibility, strength, power and much more. At Frederick City Martial Arts, we care about our student's endurance and power. We also focus on flexibility and athleticism, but most importantly we help them develop their self-control. The classes are disciplined but friendly.



## 109020205-Golden Knights Karate Youth Beginners

Ages: 5-14

Dates: 8 classes, Mondays and Thursdays

11/14-12/12 (No class 11/24)

1/5-1/30

2/6-3/2

3/9/4/3

Time: 6-7 PM

Location: Lincoln Recreation Center

Instructor: Scott Baldwin

Fee: \$60 \*Multi-member family discount: First family member pays the full price. Subsequent family members pay \$45.

Description: Children beginning karate will learn in a structured and disciplined small class environment with an emphasis placed on fun, so they enjoy learning the styles of Shotokan, Tae Kwon Do and Jujitsu. Golden Knights' students value Discipline and Respect - while having fun!

## 109021406-Golden Knights Karate Adult Beginners & Advanced

Ages: 14+

Dates: 8 classes, Mondays and Thursdays

11/14-12/12 (No class 11/24)

1/5-1/30

2/6-3/2

3/9/4/3

Time: 7-8 PM

Location: Lincoln Recreation Center

Instructor: Scott Baldwin

Fee: \$60 \*Multi-member family discount: First family member pays the full price. Subsequent family members pay \$45.

Description: These classes will focus on all aspects of the martial arts (Shotokan, Tae Kwon do and Jiu-jitsu) with an increased emphasis on sparring and physical conditioning. Golden Knights' students value Discipline and Respect - while having fun!

\$60 \*multi-member family discount: First family member pays the full price. Subsequent family members pay \$45.





# Tai Chi

## 109010701-Level 1 Tai-Chi

Ages: 18+

10 Classes

Dates: Tuesdays, 12/27-2/21

Time: 3-4 PM

Saturdays, 1/21-3/25

Time: 12:05-1:05 PM

Tuesdays, 3/7-5/9

Time: 3-4 PM

Location: Talley Recreation Center, MPL3

Instructor: Cain Yentzer

Fee: \$120 city/\$130 non-city

In this class students practice the principles of Tai-Chi by learning Zheng Man Quing's 37 movements "Grasp the Sparrow's Tail".

## 109010703-Level 3 Tai-Chi

Ages: 18+

10 classes,

Dates:

Wednesdays, 12/28-2/22

Wednesdays, 3/8-5/10

Time: 4:15-5:15 PM

Location: Talley Recreation Center (MPRB)

Instructor: Cain Yentzer

Fee: \$120 city/\$130 non-city

In this class, students begin to apply the principles of Tai-Chi by learning Zheng Man Quing's Movements. Must have completed level 1 and 2 or receive permission from instructor to attend this class.

## 1009010704-Level 4 Tai-Chi

Ages: 18+

Dates: 10 classes, Tuesdays, 12/27-2/21

Tuesdays, 3/7-5/7

Time: 4:00 pm - 5:00 pm

Location: Talley Recreation Center (MPL3)

Instructor: Cain Yentzer

Fee: \$120 city/\$130 non-city

This class is for students who have finished learning Zheng Man Qing's 37 Movements. Focusing in on practicing the form as a group, the instructor will go into finer the finer details of the internal aspects of Tai-Chi.



ABOUT THE INSTRUCTOR Cain Yentzer is adept in the science and practice of Tai-Chi. Educated in Washington D.C. at the Great River Taoist Center and in the Republic of China at The National Tai-Chi Ch'uan Association. He has since gone on to teach Tai-Chi in both the Far-East and West. His greatest pleasure is helping others find true healing and inner peace.

## 109010708-Level 5 Yang Family Secret Transmission Tai-Chi

Ages: 18+

Dates: 10 classes, Fridays

01/13-03/17

Time: 5:30-6:30 PM

Location: Talley Recreation Center (MPL3)

Instructor: Cain Yentzer

Fee: \$120 city/\$130 non-city

This class is for students who can do Zheng Man Quing's 37 Movements and have permission from the instructor. In the course students will learn the Yang Family secret Transmission (Yang Jia Mi Chuan) which is made up of 127 postures. Previously only passed down through Yang Family members and only taught public in recent decades, this form allows the practitioner to hone the internal aspects of Qi and Jin.



# Music

## 117010701-Beginners Guitar

Ages: 13+ (Under 10 yrs permitted with instructor approval.)

Dates: 10 classes, Thursday's 1/12-3/16

Time: 6-7 PM

Location: Talley Recreation Center (Classroom A)

Instructor: Mark Wellman

Fee: \$130

## 117010901-Beginners Guitar 55+

Ages: 55+

Dates: 10 classes, Thursday's 1/12-3/16

Time: 11 AM-12 PM

Location: Talley Recreation Center (Classroom A)

Instructor: Mark Wellman

Fee: \$130

The goal for the 10 week course is to begin learning to read and write music and tablature for guitar. To learn basic chord shapes, strumming patterns and how chords are created from scales including chord inversions. Chord melody will be introduced, and some pentatonic patterns will also be taught for beginning improvisation. No book is required, you will need in addition to the guitar, a small foldable music stand, both music and tablature paper, a spiral notebook for notes and a desire to learn. Beginner is a beginner 1 and 2 class where more advanced students will be taught at their level. The instructor will differentiate for each student. A missed class can be made up.

## 117010707-Beginners Guitar II

Ages: 13+

Dates: 10 classes, Wednesdays 1/11-3/15

Time: 6-7 PM

Location: Talley Recreation Center (Classroom A)

Instructor: Mark Wellman

Fee: \$130

This class is to further the development of beginner 1 graduates and for those who know how to read music but may feel very rusty and wish to improve.

## 117010706-Just Chords and Popular Songs

Ages: 13+

Dates: 10 classes, Tuesday's 1/10-3/14

Time: 1-2 PM

Location: Talley Recreation Center (Classroom A)

Instructor: Mark Wellman

Fee: \$130

The class will be designed to teach chords and popular songs in several keys over the 10 weeks. You learn chords primarily in the keys of C, G, D, A, F and Bb. Ww will progress through these keys and popular songs and melodies will accompany your learning. Students can submit songs as well. If you have an old guitar and a desire to learn to strum along then this class is for you.



## Art

### 106040702-Maquette Sculpting

Ages: 16+

Dates:

Monday's, 1/2-2/27

Time: TBD

Location: Talley Recreation Center (Classroom A)

Fee: \$150 City/ \$165 Non City

Description: (6 Classes) Maquette sculpting will teach you how to create a ½ scale bust with the reference photos This class will use a non drying clay so you can take it home and continue to change and perfect it! Maquette sculpting is a great way to step foot into a new or old creative outlet you may have wanted to try! Materials will be provided for you!

### 106040703-Maquette Sculpting II

Ages: 16+

Dates:

Monday's, 1/2-2/27

Time: TBD

Location: Talley Recreation Center (Classroom A)

Fee: \$120 City/ \$135 Non City

A continuation of Maquette Sculpting



## Adult Dance

### 104010-731/722-Adult Tap

Age: 18 & up

Dates: Wednesdays, 1/25 to 3/29 (No class 2/22)

Time: 6:45 – 7:45 pm (Intermediate/Advanced level),

7:45– 8:45pm (Beginner level)

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$160

A mix of Broadway and rhythm tap for the adult tapper, designed to improved coordination, balance and agility. Whether you're new to dance, experienced or somewhere in between, you'll get a good workout and enjoy new challenges each week. Session is 9 weeks with option to continue.

### 104010730-Adult Jazz

Age: 18 & up

Dates: Tuesdays, 1/24 to 3/28 (No class 2/21)

Time: 6:45 – 7:45pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$160

Jazz combines the technique of ballet with the modern forms of current dance styles to create a high energy and very popular style of dance. Through warm ups, floor crossings, combos and other exercises, you will improve on flexibility while fine tuning technique, musicality and style. Session is 9 weeks with option to continue.

### 104010723-Adult Ballet

Age: 18 & up

Dates: Thursdays 1/26 to 3/30 (No class 2/23)

Time: 6:45 – 7:45 pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$160

Class will focus on traditional barre, center work, and short combinations to promote good technique and enhance posture, as well as variations with both and classical and modern flare. Class will be geared to beginning students as well as those adults returning to dance. Session is 9 weeks with option to continue.

### 104010736-Adult Hip Hop

Age: 18 & up

Dates: Tuesdays, 1/24 to 3/28 (No class 2/21)

Time: 7:45 – 8:45pm

Location: Dance Unlimited

Registration: Wm. Talley Rec Center

Instructor: Dance Unlimited Staff

Fee: \$160

A high-energy class that uses the latest music mixed with movements influenced by some of today's top video choreographers. Bring a friend and enjoy a fun workout too! Session is 9 weeks with option to continue.



# Dance



## 104051334-Learn to Swing Dance

Ages: 16+

Dates: 6 classes, Sundays

1/8-2/12

3/5-4/16

Time: 5-6 PM

Location: Talley Recreation Center (MPL3)

Instructor: Amanda Comi

Fee: \$75 per session, (\$12.50 class drop-ins fee)

Swing dancing is an energetic social dance style characterized by rhythmic footwork and playful interaction between partners. This 6-week course introduces a flexible Hollywood Style swing-out with basic variations and teaches how to combine these moves to survive an entire night on the social dance floor. Class is appropriate for dancers of any level. No partner required, dancers are encouraged to rotate for practice. Dancers are welcome to wear face masks, please be prepared to wear one at the request of your partner.



## 104051333-Learn to Blues Dance

Ages: 16+

Dates: 6 classes, Sundays

1/8-2/12

3/5-4/16

Time: 4-5 PM

Location: Talley Recreation Center (MPL3)

Instructor: Amanda Comi

Fee: \$75 per session, (\$12.50 class drop-ins fee)

Blues dancing is a low physical impact social dance style emphasizing creativity and self-expression. This 6-week course teaches and reinforces fundamental moves & styling, musicality patterns, and techniques for communicating with a dance partner. Class is appropriate for dancers of any level. No partner required, dancers are encouraged to rotate for practice. Dancers are welcome to wear face masks, please be prepared to wear one at the request of your partner.

## 104031417-Line Dancing

Ages: 12+

Dates: 6 classes

Wednesdays

11/30-1/4

1/18-2/22

3/8-4/12

Time: 7-8 PM

Dates: Mondays

12/5-1/16 no class 12/26

1/30-3/6

3/20-4/24

7-8 PM

Location: Talley Recreation Center

Instructor: Raymond Crum

Fee: \$35 city/\$40 non-city

Ball change, scoot and brush off your dance shoes!

Line dancing is great way to exercise and have fun at the same time. Beginner participants will learn the various dance steps and incorporate these steps to different dances. In the intermediate class student will incorporate combos and learn some other dances. Minimum registration of 4 participants required for class to be held as scheduled.



# Youth Dance

## 104010301-Tiny Tots Dance

Age: 3

Location: Dance Unlimited

Fee: \$135

Dates/Times:

Saturdays, 10/29 to 1/14, 9:15 – 9:45am (No class 11/26, 12/24, 12/31)

Thursdays, 11/3 to 1/19, 4:30 – 5:00 pm (No class 11/24, 12/22, 12/29)

Saturdays, 1/21 to 3/25, 9:15 – 9:45am (No class 2/25)

Thursdays 1/26 to 3/30, 4:30 – 5:00pm (No class 2/23)

This class offers the first step towards your child learning dance instruction on their own, amongst their peers. This is a beginner class that will explore an introduction to ballet and creative movement. Combining fun with structure, dancers will participate in fundamental motor skill activities to begin the development of balance, rhythm, differentiation of left and right and spatial awareness. Average age is 3. Session is 9 weeks with option to continue.



## 104010504-Primary Dance

Age: 1st Grade

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Mondays, 11/7 to 1/16, 4:45 – 5:45pm (No class 12/26, 1/2)

Thursdays, 11/3 to 1/19, 5:45 – 6:45pm (No class 11/24, 12/22, 12/29)

Mondays 1/23 to 3/27, 4:45 – 5:45pm (No class 2/20)

Thursdays 1/26 to 3/30, 5:45 – 6:45pm (No class 2/23)

The perfect combo class for the younger dancer who wants to try it all! This class will cover basic ballet & tap, as well as introduce dancers to beginner jazz skills. The class is structured to match both the motor skill development and social skills of students in 1st grade. Also appropriate for some 2nd graders. Session is 9 weeks with option to continue.

## 104010402-Pre-Kinder Dance

Age: 4

Location: Dance Unlimited

Fee: \$170

Dates/Times:

Saturdays, 10/29 to 1/14, 9:50 – 10:35am (No class 11/26, 12/24, 12/31)

Mondays, 11/7 to 1/16, 4:45 – 5:30pm (No class 12/26, 1/2)

Thursdays 11/3 to 1/19, 5:00 – 5:45pm (No class 11/24, 12/22, 12/29)

Saturdays, 1/21 to 3/25, 9:50 – 10:35am (No class 2/25)

Mondays, 1/23 to 3/27, 4:45 – 5:30pm (No class 2/20)

Thursdays 1/26 to 3/30, 5:00 – 5:45pm (No class 2/23)

This fun class follows a pre-ballet and introduction to tap curriculum designed to excite and engage your little dancer while encouraging confidence and creativity. Dancers will use fun props along with kid friendly music to develop proper posture, muscle strength, and coordination while learning how to follow directions. Youngest dancer accepted must turn 4 by 8/28/21. Session is 9 weeks with option to continue.

## 104010503-K-Danz

Age: 5 (Kindergarten)

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Saturdays, 10/29 to 1/14, 10:45 – 11:45am (No class 11/26, 12/24, 12/31)

Tuesdays, 11/1 to 1/17, 5:45 – 6:45pm (No class 11/22, 12/20, 12/27)

Wednesdays, 11/2 to 1/18, 4:45 – 5:45pm (No class 11/23, 12/21, 12/28)

Saturdays, 1/21 to 3/25, 10:45 – 11:45am (No class 2/25)

Tuesdays, 1/24 to 3/28, 5:45 – 6:45pm (No class 2/21)

Wednesdays, 1/25 to 3/29, 4:45 – 5:45pm (No class 2/22)

Location: Dance Unlimited

Combo classes are designed to offer younger dancers an opportunity to explore multiple genres of dance. Our KDanz class explores basic ballet, tap fundamentals and jazz for kids using proper warm up & stretching, across the floor progressions and mini combinations. Dancers will build self confidence through repetitive motor skill, coordination and rhythm practice in an encouraging and welcoming environment. Youngest dancer accepted must be 5 years as of 8/27/22. Best suited for kids in Kindergarten. Session is 9 weeks with option to continue.

## 104010428-Kids Hop and Tumble

Age: Pre-K through 1st Grade

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Tuesdays, 11/2 to 1/18, 4:45 – 5:45pm (No class 11/23, 12/21, 12/28)

Wednesdays 1/25 to 3/29 (No class 2/22)

This dance class is a fusion of hip hop, acro dance and creative movement to get all the dancing wiggles out. Through creative combinations & games, dancers will be introduced to basic hip hop isolations, precision & tumbling skills while developing coordination and musicality to age-appropriate songs. Session is 9 weeks with option to continue.



# Youth Dance

## 104010609-Hip Hop Level 1

Age: 1st to 3rd Grade

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Mondays, 11/7 to 1/16 (No class 12/26, 1/2)

Mondays, 1/23 to 3/27 (No class 2/20)

Time: 6:45-7:45pm

Perfect for the child with energy to spare! Age-appropriate urban jam for the younger set fusing hip hop and jazz funk. Great for developing coordination & precision. Session is 9 weeks with option to continue.

## 104110508-Acro for Dancers (Level 1)

Age: 2nd-5th Grade

Location: Dance Unlimited

Fee: \$200

Date:

Thursdays, 11/3 to 1/19 (No class 11/24, 12/22, 12/29)

Thursdays 1/26 to 3/30 (No class 2/23)

Time: 6:45 - 7:45 pm

Class will improve strength, flexibility and stamina, resulting in a more powerful and enhanced dance performance. This specific level is for the beginner gymnast working on cartwheels, round offs, backbends and assorted rolls. Session is 9 weeks with option to continue.

## 104010235-Dance for Musical Theatre JR

Age: 5th to 8th grade

Location: Dance Unlimited

Fee: \$200

Date:

Mondays, 11/7 to 1/16 (No class 12/26, 1/2)

Mondays 1/23 to 3/27 (No class 2/20)

Time: 8:00-9:00pm

Do you love musicals? Then this multi-level class is for you! Perfect for performers trying to boost their dance ability for school or community theatre shows & auditions OR who want extra dance training and just happen to love show tunes. Class will include jazz & tap and is designated to help performers gain skills and gain confidence in musical theatre dance. Several combinations will be taught throughout the year, focusing on character and interpretation of some of your favorite musicals from the stage and screen. Session is 9 weeks with option to continue.

## 104010506-Elementary Dance

Age: 2nd to 4th Grade

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Tuesdays, 11/1 to 1/17 (No class 11/22, 12/20, 12/27)

Tuesdays, 1/24 to 3/28 (No class 2/21)

Time: 4:45-5:45pm

Includes tap, ballet, and jazz. Students learn elementary dance steps and positions, dance terminology, musical phrasing and fun routines. General age range 7-10. (Minimum age requirement is 7 years and must be entering the second grade.) Session is 9 weeks with option to continue.

## 104010607-Pre-Teen Jazz

Age: 4th to 7th Grade

Location: Dance Unlimited

Fee: \$200

Dates/Times:

Thursdays, 11/3 to 1/19 (No class 11/24, 12/22, 12/29)

Thursdays 1/26 to 3/30 (No class 2/23)

Time: 6:45-7:45pm

An upbeat hour of jazz fun! Instruction will emphasize proper technique and body alignment, as well as develop all basic jazz dance related skills in a positive and encouraging atmosphere. Also appropriate for some 8th graders. Session is 9 weeks with option to continue.

## 104010612-Teen Contemporary 1

Age: 8th to 12th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Tuesdays, 11/1 to 1/17 (No class 11/22, 12/20, 12/27)

Tuesdays, 1/24 to 3/28 (No class 2/21)

Time: 5:45-6:45pm

Contemporary and lyrical have taken over the dance world. This wildly popular style of dance takes your traditional ballet to a new modern level of expression and interpretation. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

## 104010611-Teen Jazz 1

Age: 8th to 12th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Mondays, 11/7 to 1/16 (No class 12/26, 1/2)

Mondays 1/23 to 3/27 (No class 2/20)

Time: 6:45 - 7:45 pm

Dancers will enjoy the fast pace and high energy of this fun jazz class. Class will progress through a warm up, floor crossings and mini combinations to improve on musicality, flexibility and style. Enjoy learning combinations to current pop tunes and classic Broadway hits. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.





## Teen Dance



### 104010613-Teen Tap 1

Age: 8th to 12th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Wednesdays, 11/2 to 1/18 (No class 11/23, 12/21, 12/28)

Wednesdays, 1/25 to 3/29 (No class 2/22)

Time: 5:45 – 6:45 pm

A fun mix of Broadway and Rhythm styles will keep dancers excited and engaged from week to week. Class will progress through a warm up, floor crossings and mini combinations while fine tuning rhythm skills, accents and dance flow. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

### 104010614-Teen Ballet 1

Age: 8th to 12th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Wednesdays, 11/2 to 1/18 (No class 11/23, 12/21, 12/28)

Wednesdays, 1/25 to 3/29 (No class 2/22)

Time: 5:45 – 6:45 pm

Ballet is the basic foundation for most styles of dance. Class will stress proper technique, alignment and terminology using a combination of barre, center and across-the-floor work. Dancers will also improve their balance and poise. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

## Theater

### 115010501-Kids Acting

Age: K - 1st Grade

Location: Dance Unlimited

Fee: \$170

Dates:

Wednesdays, 11/2 to 1/18 (No class 11/23, 12/21, 12/28)

Wednesdays 1/25 to 3/29 (No class 2/22)

Time: 4:30 – 5:15pm

The perfect introduction to acting for the young performer! Students will bring stories to life through fun games and activities while learning theatre terms and vocal skills. Creative drama is a great way for kids to learn confidence and poise! Session is 9 weeks with option to continue.

### 115010504-Youth Acting 2

Age: 4th-5th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Mondays, 11/7 to 1/16 (No class 12/26, 1/2)

Mondays, 1/23 to 3/27 (No class 2/20)

Time: 5:45 – 6:45

This class uses theater activities and exercises to teach students how to project, enunciate and properly use their bodies on stage. Pantomime and improvisation are introduced along with monologues to develop focus and memorization skills. Session is 9 weeks with option to continue.

### 115010503-Youth Acting 1

Age: 2nd - 3rd Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Tuesdays, 11/1 to 1/17 (No class 11/22, 12/20, 12/27)

Tuesdays, 1/24 to 3/28 (No class 2/21)

Time: 4:45 – 5:45 pm

This class introduces children to theater with activities and games that get them on their feet using their voices and bodies to create characters while learning stage terms, concentration and skills that will improve speaking and help them gain confidence and poise! Session is 9 weeks with option to continue

### 115010505-Youth Acting 3

Age: 6th- 7th Grade

Location: Dance Unlimited

Fee: \$200

Dates:

Thursdays, 11/3 to 1/19 (No class 11/24, 12/22, 12/29)

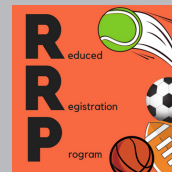
Thursdays 1/26 to 3/30 (No class 2/23)

Time: 4:45 – 5:45pm

This class uses monologues, pantomime, concentration games and theater activities to improve students' public speaking and stage movement. Scenes are introduced to work on character development and memorization skills. Students can volunteer to be MC's and backstage crew for the Dance Showcases held throughout the year in the Performing Arts Factory's theater. Session is 9 weeks with option to continue.



# Reduced Registration Program



The City of Frederick Parks and Recreation Department is pleased to announce the Reduced Registration Program.

The program will enable eligible youth under the age of 18 to receive 50% off all youth programs.

## Program Details:

1. All registration will be taken at the Wm. Talley Recreation Center Registration Desk, located at 121 North Bentz Street. Registration will be accepted Monday through Friday from 8:30 am to 6:30 pm.
2. Eligibility and Qualification - Interested citizens must provide proof of program eligibility in accordance with one of the criteria listed below:
  - A. Eligible to receive free or reduced price lunch through Frederick County Public Schools.
    - i. Must provide proof of City residency. Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.
    - ii. Must provide letter issued by FCPS that they are eligible to receive free or reduced lunches in Frederick County Public Schools.
  - B. Live in household receiving benefits for the Food Supplement Program (FSP) or Temporary Cash Assistance (TCA)
    - i. Must provide proof of City residency. Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.
    - ii. Must provide orange Independence Card issued by the Frederick County Department of Social Services.
  - C. Live in one of the three public housing communities (Carver, Lincoln or Lucas Village) owned by the Housing Authority of the City of Frederick.
    - i. Must provide proof of residency within Carver, Lincoln or Lucas Village housing communities. Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.

## Departamento de Parques y Recreación de la Ciudad de Frederick

### Programa de descuento de registro (RRP)

El Departamento de Parques y Recreación de la Ciudad de Frederick se complace en anunciar el programa de descuento para algunos programas. Este programa ayuda con una rebaja del 50% en el precio de las actividades para jóvenes menores de 18 años

## Detalles del programa:

1. Lugar y Horario: William Talley Center localizado en 121 North Bentz Street. Se aceptan inscripciones de Lunes a Viernes de 8:30 am a 6:30 pm

Note que el programa de reduccion no esta disponible electronicamente (on line)

2. Requisitos - Los interesados deben proporcionar prueba de elegibilidad para calificar y llenar ciertos requisitos de acuerdo con uno de los siguientes criterios

- A. Aquellos que reciben almuerzo gratis en las escuelas del condado de Frederick  
Proveer prueba de residencia de la Ciudad
  - I. Se acepta la licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad
  - II. Carta de las escuelas del condado de Frederick demostrando que recibe almuerzo a precio Reducido.
- B. Aquellos que reciben asistencia a traves del programa de alimentos suplementarios (FSP) o asistencia monetaria temporal(TCA)  
Proveer prueba de residencia de la ciudad
  - I. Se acepta la licencia de Manejar o ID otorgada por el MVA, Recibo de agua o electricidad
  - II. Tarjeta anaranjada de independencia del Servicio social del condado de Frederick
- C. Debe vivir en una de las tres comunidades de asistencia publica (Carver, Lincoln o Lucas Village) propiedades de Housing Authority de la ciudad de Frederick.
  - I. Proveer prueba de residencia de una de las comunidades Carver, Lincoln o Lucas village. Se acepta la Licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad.

# Staff Directory

City of Frederick Parks and Recreation  
121 N. Bentz Street • Frederick, MD 21701  
[www.cityoffrederickmd.gov](http://www.cityoffrederickmd.gov)

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Ryan Jones, Assistant Superintendent of Parks

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Cancellation and Information Line, 301-600-6970

Clustered Spires Golf Course, 301-600-1295

Program Registration & Facility Reservation Desk, 301-600-1492

Talley Center Desk • 301-600-1450